

News & Notes

TRAVEL SAFETY TIPS

WHEN YOU'RE TRAVELING BY CAR...

Save space for safety. Remember to bring:

- A flashlight and extra batteries
- Flares for breakdowns
- A fully stocked first-aid kit
- An extra set of car keys
- Insurance information
- Prescription drugs (if needed) in original containers

Before you go, have a mechanic check and perform any required maintenance on your vehicle. Be prepared to handle roadside problems:

- Know your ideal tire pressure and check it regularly when tires are cold.
- Be sure belts and hoses are in good shape.
- Have a good, usable spare tire and jack.
- Replace your windshield wiper blades and fill the windshield washer tank.
- Check coolant levels.
- Make sure lights and signals work.

WHEN YOU'RE GOING BY PLANE...

Plan to arrive at the airport at least 2 hours before a domestic flight and 3 hours for an international flight.

- Be alert while going through security. Someone might try to distract you while an accomplice takes your bag.
- Once seated on the plane, locate the nearest exit. Note the number of rows between your seat and the exit.
- Watch the safety briefing conducted by the flight attendants prior to take-off.
- Remain seated with your seat belt fastened for the duration of the flight.
- In the event of an emergency evacuation, leave personal belongings behind and move quickly to the emergency exit.



Just before the destruction of a) the garage door, and b) the rooftop luggage pod.

RIDDLES OF THE MONTH

- 1) Which word from Group B belongs with the words in Group A? Why?
A): blast, paper, box, bank
B): juice, bag, cradle, carpet
- 2) What can you hold without ever touching or using your hands?

Answers on page 2 Safety Bits & Pieces

Safety Matters

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State of Delaware

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Have a Great Vacation!

Helpful tips for enjoying a safe break from work

You've worked hard all year; now it's time to have fun and enjoy your vacation. Stay safe with these tips:

Planning

- Make a list of things to take.
- Let family, friends, or neighbors know when you'll be gone.
- Take the GPS, a map or get directions if necessary.
- Make sure your vehicle is in good condition.
- Plan activities to help children pass the time.
- Don't drive too long without stops to eat and rest.

Hot Weather Precautions

- Always wear sunscreen and replenish it often.
- Don't overdo the heat and sun. A bad burn is not fun!
- Drink lots of liquids (but not alcohol—it dehydrates you even more).
- If you start to feel uncomfortable, get out of the sun into a cool place and rest.
- If this doesn't help, seek medical attention. Heat exhaustion and heatstroke can be deadly.

Vacation Activities

Swimming

- Never swim alone. If possible, choose an area with a lifeguard.
- Keep a close eye on your kids.
- Never dive unless you know the depth of the water and it is deep enough for diving.
- Don't fight a current—float or swim at an angle to safety.

Boating

- Get safe boating instruction before piloting any boat.
- Always check the weather forecast.
- Carry a Coast Guard-approved life jacket for each passenger.
- Tell someone your destination and expected time of return.

Hiking

- Follow established trails, use a map and carry a compass.
- Carry emergency supplies in case you become lost or hurt.
- Stay well away from any animals you meet enroute.
- Tell someone where you are going and when you'll be back.

Food

- Use a cooler to keep cold food cold. Food spoils rapidly in hot weather.
- Take precautions with propane or fire-starter fluids.
- Eat hot foods promptly. Don't leave them sitting out too long.
- Make sure campfires are completely out before leaving the area.

SAFETY TIP OF THE MONTH

Hide-a-key is a bad idea.

A lot of people hide keys outside their houses and they think nobody else will find it. Bad guys know where to look for keys.

If you need to leave a key around, give it to a trusted neighbor, but don't leave it out so somebody can find it.

Safety Bits & Pieces

FILE OFFICE HAZARDS UNDER SAFETY

If you think you're immune from accidents just because you work in an office, think again. Hazards lurk everywhere from file cabinets to copiers. In fact, OSHA estimates that there are 40,000 disabling office injuries each year, including 200 that are fatal.

Falls are the number one cause of office accidents. The disabling injury rate for falls among office workers is at least twice the rate for nonoffice employees. Keep drawers closed, clean up coffee spills, and don't lean too far backward in office chairs.

Accidents involving electricity are also frequent. With so much office machinery running on electricity, accidents can occur as a result of faulty or defective equipment, unsafe installation, and poor safety practices. Inspect electrical equipment and cords regularly. If equipment sparks, smokes, or smells, shut it off and report the problem right away.

A neat, organized office will also go a long way in preventing accidents. Be sure to follow safe housekeeping practices around the office.

Finally, tragedies like 9/11 have shown us how important it is to plan for fires and emergencies in offices. Know your company's emergency plan. Avoid fires by making sure all heat-producing equipment like coffee makers, copiers, and computers are shut off at the end of the workday.

DID YOU KNOW...

- Researchers determined the risk of death for belted front-seat occupants rose 400 percent when someone in the backseat was NOT wearing a seat belt?
- Everyday an estimated 1,000 eye injuries occur in American workplaces?
- On average, about 100 workers die from ladder falls, annually, and dozens more are injured? Inspect ladders prior to use and stay off the top two rungs of A-frame ladders.

RIDDLES OF THE MONTH ANSWERS

- 1) Bag. All the words in Group A can begin with the word "Sand."
- 2) Your breath



Don't Wait for Trouble

Learning from accidents that didn't happen

After an accident, you're likely to hear comments like these:

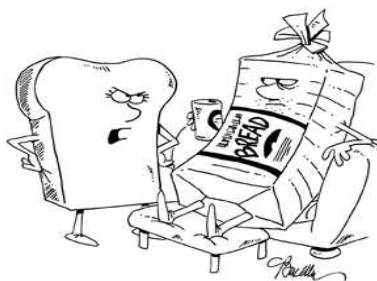
- Everybody knew about that problem.
- That's a bad corner. Forklift operators never come to a full stop there.
- She should have been wearing her safety glasses.
- He should have been using safe lifting techniques.

Unfortunately, the tendency is to investigate accidents after they happen. Why not investigate before they happen? Ask yourself questions like these:

- Are there physical hazards that could cause an accident in my work area?
- Are there possible health hazards in the job environment?
- Am I following required safety procedures?
- Am I using the information and techniques I learned in safety training to protect myself and prevent accidents?
- Am I using assigned PPE?
- Is my PPE in good condition, and does it fit properly?
- Do I report any unsafe conditions I can't correct myself?
- Do I report and investigate near misses?

The answers to these questions and similar ones provide the tools to analyze the risks, make improvements to reduce the risks, cut the number of near misses, and prevent accidents and injuries.

ON THE LIGHTER SIDE



"Are you just going to loaf around all day?"

QUOTATION OF THE MONTH



From the State of Delaware's Office of Highway Safety...

Summer Safety

Summer has finally arrived! Are you planning to take a road trip this summer? Maybe go to the beach or visit family? The months of June, July, and August are typically where we see an increase in motorists, and consequently, an increase in traffic crashes. This year that trend started early. To date, Delaware has seen a 33% increase in fatal crashes and traffic deaths are up 42% over 2013. What are the reasons for the increase in crashes? Most are preventable: driving too fast, failing to yield to others with the right of way, and driving under the influence of alcohol or drugs.

At OHS, we feel that even one death on our roads is too many. To stay safe and arrive alive, we recommend the following road safety tips for summer:

- **Check your speed.** Plan your route in advance and be prepared to spend more time reaching your destination rather than speeding to get there faster.
- **Obey intersection safety rules.** Motorcyclists, pedestrian, and bicyclist traffic also increases during the weekend. Traffic signals and stop signs are in place to maintain safe roadways for drivers, passengers and pedestrians sharing the road.
- **Buckle up.** All passengers in the vehicle should use seat belts to keep them safe in the event of a crash.
- **If you are drinking, do not drive.** Designate a non-drinking driver or plan for alternative transportation.

For more information visit www.ohs.delaware.gov, www.BuckleUpDE.org and follow regular campaign updates on Twitter at [www.twitter.com/DEHighwaySafe](https://twitter.com/DEHighwaySafe) and Facebook www.facebook.com/ArriveAliveDE.

Drive Safe. Arrive Alive DE.